



## Office of Aerospace Medicine Internal Substance Abuse Program (ISAP) Newsletter

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### Did You Know?

Did you know that the Internal Substance Abuse Program website has changed its address. It can be found on the FAA intranet for employees only. The website features the following:

- Contact information for Regional Drug Program Coordinators and the Headquarters staff.
- Agency drug and alcohol policy on substance abuse signed by the administrator.
- Mandatory Supervisor ISAP Training for online use.
- DOT, Drug and Alcohol-Free Order 3910.1C and Guide.
- Newsletters and other resource information on substance abuse issues and awareness information.

If you have not had an opportunity to browse our site please check us out at:  
<http://intranet.faa.gov/avr/aam/isap/>

### Breaking News

In October the Department of Transportation (DOT) announced that Northwest Toxicology (NWT) was awarded the drug testing primary lab contract, and Quest Diagnostics Incorporated was awarded the secondary (Bottle B split specimen collection) laboratory contract, which is used to reconfirm Bottle A split specimen collection. Both contracts are effective November 1, 2005.

### **Northwest Toxicology**

The primary laboratory, Northwest Toxicology, is located in West Valley, Utah. It was founded in 1981 and has grown into one of the world's leaders in drug and adulterant testing. Today thousands of companies, throughout the United States and abroad send urine, hair, oral fluid, and blood specimens to NWT. It serves a variety of clients, to include: third party administrators, government agencies, occupational health clinics, hospital employee health programs treatment centers, correctional facilities, professional and amateur sport teams, and schools. Northwest transmits results through an impressive array of electronic reporting methods, including secure, internet-based solutions. Specimens are processed 24-hours a day, 365-days a year to facilitate timely reporting of test results.

### **Quest Diagnostics Incorporated**

The secondary laboratory, Quest Diagnostics Incorporated, is located in Schaumburg, Illinois. It was founded in 1996. Quest performs reference and esoteric testing for the Department of Defense and the Veterans Administration Hospital, as well as, OSHA and wellness testing for federal government agencies. In addition, they provide testing services to support federally funded research programs. Quest provides services in North America, Europe, Australia, and South Africa. Quest transmits test results through a worldwide database. Specimens are processed 24-hours a day, 365-days a year, to facilitate timely reporting of test results.

**"If Flying Is In Your Blood, Make Sure Alcohol Is Not!"**

## **Take Advantage of the Help That's Offered**

**Beating substance abuse isn't easy but you don't have to do it alone.**

**The Employee Assistance Program (EAP) is designed to assist you with your needs. They provide:**

- Assessment and education
- Counseling and other direct assistance
- Referrals to other specialized help programs.

**Remember, getting help is a sign of strength, not weakness. If you think you have a problem, you should contact the Employee Assistance Program for help on 1-800-234-1EAP.**

## **Address Yourself Honestly**

**Do You:**

- Drink in the morning?
- Need to increase the amount of alcohol or other drugs to get the same feeling?
- Notice memory loss," shakes", weight loss, mood swings, lost of appetite, or other physical symptoms related to alcohol misuse or drug use?
- Have a hard time getting through the day without alcohol or other drugs?
- Make the use of alcohol or other drugs a priority in your day, more important than family, friends, social life, or other commitments?
- Spend money on alcohol or other drugs that should be used for housing, food, or other necessities?

**Remember - If you think you have a problem, you should contact the Employee Assistance Program for help on 1-800-234-1EAP**

## **Most in Treatment Began Drinking Early**

The vast majority of people in addiction treatment programs first got drunk before the age of 21, according to a new report from the Substance Abuse and Mental Health Services Administration (SAMHSA). In an analysis of SAMHSA's Treatment Episode Data Set, 12 percent of people in treatment first got drunk when they were younger than age 12, 25 percent got intoxicated for the first time between the ages of 12 and 14, 35 percent began drinking heavily between ages 15 and 17, and 16 percent first got drunk between the ages of 18 and 20.

Overall, 88 percent of people in treatment first got drunk before their 21st birthday. The majority of youth do not drink, research tells us that people who start drinking at early ages are more likely to have problems with alcohol as adults. Treatment patients who used alcohol prior to age 12 were more likely to have had five or more treatment episodes, and those who first drank before age 15 were more likely to enter treatment with alcohol and other drug problems.

**Information provided by SAMHSA, 2003 Treatment Episode Data Set Highlights**

## **December Marks National Drunk and Drugged Driving (3D) Month**

3D month is a national effort sponsored by the DOT's National Highway Traffic Safety Administration that draws national attention to problems associated with impaired driving.

While the number of alcohol-related fatalities during holiday periods is at an all-time low (down 34 percent since 1995), impaired driving is still a leading cause of death for people under the age of 30. In support of this national goal, law enforcement, the criminal justice system, and community leaders are working in partnership to prevent impaired driving in their neighborhoods, cities, counties, and states through tougher enforcement and punishment for impaired driving offenses.

In the FAA, the Internal Substance Abuse Program will sponsor awareness events throughout the regions. For information contact your regional DPC.

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## FAA 2005 Fiscal-Year Internal Substance Abuse Program Statistical Information

	Number of Test Conducted	Number of Positives	Positive Rate
<b>Drug Testing</b>			
Random	8,313	24	0.29%
Followup/Return-To-Duty	961	3	0.31%
Post Accident	100	1	1.00%
Preemployment	894	4	0.45%
Reasonable Suspicion	0	0	-----
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<b>Alcohol Testing</b>			
Random	3,845	5	0.13%
Follow-up/Return-To-Duty	1,993	0	0
Post Accident	70	0	0
Reasonable Suspicion	4	1	25%

### If You Are Hosting a Party This Holiday, You Can:

- Encourage your guests ahead of time to designate a driver.
- Have a key basket and collect each guest's keys upon arrival. Know the condition of your guest before returning their keys at the end of the party.
- Plan activity so that the focus isn't just on drinking.
- Serve a variety of food and include non-alcoholic drink beverages.
- Designate one person to serve as the bartender. This will help control the number of drinks and the amount of alcohol in each drink.
- Stop serving alcohol at least 1 hour before the party is over. Bring out dessert, coffee, and other non-alcoholic drinks.
- Be prepared to arrange for a ride home for guests if necessary or to invite them to spend the night.

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